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SPORTS

What Winchester High athletes should know before practice begins for football Aug. 15, everyone else Aug. 18

JOE MCCONNELL | SPORTS EDITOR

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Winchester High School sports are about to head into practice for the fall season. Here is what athletes need to know before they show up next week. FILE PHOTO/WINCHESTER NEWS

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For Winchester High School athletes, summer is almost over. Coach Wally Dembowki's football team will be welcoming his Red & Black athletes back on the field for the first day of practice on Aug. 15. Their fall sports counterparts from the cross-country, field hockey, golf, boys and girls soccer, swimming and volleyball squads will get going three days later on Aug. 18.

But before any student-athlete can participate in tryouts, the following requirements must be met:

• The Athletic Office must have a copy of a valid physical exam. Physicals are good for 13 months from the date of the exam. Those with expiring physicals will not be permitted to participate in any manner until a valid physical is turned in.

• Parent/guardian and the student-athlete must have completed an online concussion course in the past 12 months. The free course may be found online.

• Students must complete a baseline concussion exam through SportsGait. These exams are valid for two years. This test is optional for golf, cross-country and girls swimming. Directions on how to take the exam may be found online at: https://docs.google.com/docume.

• The Winchester School Committee voted to establish a user fee f
student-athletes who participate in the high school athletic progr
during the school year. The fee is $400 per student per sport with a family

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cap of $1,450. Payments should be made no earlier than Aug. 23, but no later than Aug. 29. Waiver requests must be sent or emailed to the athletic director.

Additional pertinent sports information for the upcoming school year may be found on the WHS website. Of note, registration forms must be completed by a parent / guardian.

ArbiterSports registrations, physical exams and baseline tests must be up-to-date and submitted by Monday, Aug. 11, at 3 p.m. in order to be eligible to start practice by Aug. 18. Any athlete's submissions coming in after Aug. 11 will not be eligible to practice until Aug. 19 at the earliest.

Once the registration form has been completed, the student-athlete will receive email confirmation from ArbiterSports. You will also receive a follow-up email from the Athletic Office confirming that it also has a valid physical on file, the baseline exam is current and user fees have been paid. Student-athletes may review registration form by logging into ArbiterSports to view the information on the dashboard.

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Football opens up at home against Peabody on Sept. 12

The football team has four scheduled scrimmages – Lynn English at Ciarcia Field on Saturday, Aug. 23, at 9:30 a.m.; Lynn Classical at Knowlton Stadium on Tuesday, Aug. 26, at 6 p.m.; at Stoneham on Thursday, Aug. 28, at 6 p.m.; and at Billerica on Thursday, Sept. 4, at 6 p.m. – before the home opener at Knowlton against non-league Peabody gets underway on Friday, Sept. 12, at 6:30 p.m.

The Red & Black will then go up against non-league Waltham at V
Leary Field on Friday, Sept. 19, at 7 p.m. On Friday, Sept. 26, they

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return home to Knowlton to take on non-league Masconomet Regional at 6:30 p.m.

The Winchester boys will head to Wakefield to face the league rival Warriors on Friday, Oct. 3, at 6 p.m. On Friday, Oct. 10, the Reading Rockets come to town for a 6:30 p.m. game. It will then be off to Arlington to go up against the Spy Ponders on Friday, Oct. 17, at 6 p.m. Host Lexington follows on Thursday, Oct. 23, at 6 p.m. Belmont is next up on Thursday, Oct. 30, at Knowlton, beginning at 6:30 p.m.

The Division 1 playoff schedule follows for the next three weeks to set the stage for the Thanksgiving Day rivalry game against host Woburn on Thursday, Nov. 27, at 10:15 a.m.

Red & Black early fall sports primer for scrimmages, games

• Both the boys and girls cross-country teams will begin the season against Melrose on Wednesday, Sept. 10 at Woburn's Horn Pond at 4 p.m.

• After three scrimmages against Concord-Carlisle (Aug. 21, 10 a.m. at Knowlton), Newton North (Aug. 26, 1 p.m. at Newton) and Newburyport (Aug. 28, 10:30 a.m., at Knowlton), the field hockey team will start the regular season at home against non-league Wilmington on Sept. 3 at 4:15 p.m.

They will close out the first week of the season two days later when Arlington comes to Knowlton for a Middlesex League game at the same time.

• The Winchester golfers tee off against Woburn at Winchester Country Club to begin a brand-new campaign on Sept. 3, starting at 3:30 p.m.

• The boys soccer team will first be participating in the Medford Jamboree on Saturday, Aug. 23, against Mystic Valley Regional (8 a.m.),

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Wakefield (10 a.m.) and Chelmsford (noon), before beginning the regular season on the road at Wilmington against the Wildcats on Sept. 2 at 4:15 p.m.

The Red & Black will remain on the road to face the Arlington Spy Ponders two days later at 6:15 p.m. They will finally return to Knowlton for the home opener against Stoneham on Monday, Sept. 8, at 4:15 p.m.

• The girls soccer team will warm up for the season with three scrimmages against Central Catholic (Aug. 26, 4:30 p.m., at Knowlton), Newton South (Aug. 28, 4:30 p.m., at Newton) and Andover (Aug. 30, 9 a.m., at Andover).

The regular season will then begin at Knowlton against Wilmington on Tuesday, Sept. 2, at 4:15 p.m. Arlington comes to Knowlton for a game two days later at the same time.

• The girls swim team will get the regular season going against Woburn at the Woburn Boys & Girls Club on Wednesday, Sept. 10, at 4 p.m.

• Coach John Fleming's girls volleyball team will start the regular season at home against Wilmington on Wednesday, Sept. 3, at 5:30 p.m. They will then be at Arlington to face the Spy Ponder two days later at the same time.

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SPORTS

Winchester boys basketball heads to Bridgewater-Raynham for Sweet 16 game after beating Lexington in postseason opener

It was the third meeting this year between Middlesex League boys basketball rivals Lexington (16-5, 11th seed) and Winchester (17-4, 22nd seed). They split the first two during the regular season, thus making this Round of 32 postseason matchup the impromptu rubber game of this year's series, with the

JOE MCCONNELL | SPORTS EDITOR

March 3, 2026

SPORTS

Winchester wrestling enjoys Top 10 finish at state divisional meet; senior captains move on to All-States

After the Winchester High qualified wrestlers competed hard over two days last weekend (Feb. 20, 21) in the State Division 1 Meet at North Andover High School, Mother Nature gave them a break to rest and recuperate with Monday's blizzard that resulted in two days off from school. There

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SPORTS

Winchester boys hockey advances to the Sweet 16 after beating Wachusett in the tournament opener

SPORTS

With postseason starting Friday night, WHS boys hoo… English, Sarpong, Bu… Middlesex League elite

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The Winchester High boys hockey team (12-9-2), the 17th seed, edged the 16th-seeded Wachusett Regional Mountaineers (18-2-1), 5-4 in a Round of 32 Division 1 state tournament game at Westborough's Northstar Ice Arena on Feb. 25. The Red & Black will now take on top seed Catholic Memorial (18-2-1)

JOE MCCONNELL | SPORTS EDITOR

February 27, 2026

The Winchester High boys basketball team, the 22nd seed, will take on Middlesex League rival Lexington, the 11th seed, to begin the Division 1 state tournament in the Round of 32 on Friday night, Feb. 27, starting at 6 p.m. These teams are so evenly matched, beginning with the

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February 26, 2026

Latest

NEWS

Winchester School Committee candidates bring contrasting backgrounds to Thursday forum

Two candidates for Winchester's School Committee will face voters at a forum as the district navigates a new literacy curriculum, budget pressures and questions about student mental health. Heather von Mering and John Bellaire are competing for an open seat on the School Committee, which oversees a budget von

WILL DOWD | STAFF WRITER

March 4, 2026

FEATURES

'Chicago: Teen Edition' dances onto the Winchester High School stage

By Talia Ho | Correspondent Fame. Fortune. And all that jazz. This spring, Winchester High School presents "Chicago: Teen Edition," a bold musical that explores celebrity culture, media manipulation, and the cost of ambition. Set in the 1920s, this iconic production is sure to leave the audience wanting more. Performances will

SPECIAL TO THE NEWS

March 4, 2026

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EVENTS

Ripley Chapel in Winchester presents ‘Syldason: You Are Welcome Here’

The following was submitted by the Ripley Chapel at First Congregational Church: On Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

March 4, 2026

NEWS

Rep. Michael Day helps House colleagues pass sweeping energy affordability bill

The following was submitted by the Office of Rep. Michael S. Day: Rep. Michael S. Day and his colleagues in the House of Representatives recently passed energy affordability legislation that would result in over $9 billion in savings for utility ratepayers over the next 10 years. The bill maintains critical

March 4, 2026

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